



A publication of the Howard County  
Office of Children and Families  
Family Institute

January means New Year Resolutions and this issue is filled with information on where to learn more to support the topics you are interested in as a parent.

**When you know more, you can do better!**

## The Howard County Family Institute

Visit the [web page](#) to see what is on the upcoming **workshop calendar** for families.

**Friendship Skills for School and Life Success** Parents can have a strong impact on their children's social/emotional development to help them learn positive interpersonal skills that breed both success in developing friendships as well as stronger academic skills. Tuesday, January 15. FREE. Child care available.

**Behavior Basics and Managing Meltdowns** Do tantrums, power struggles and misbehavior make daily life difficult in your household? Leave this two part workshop with skills and resources that you can use immediately that will help you feel more confident in parenting your one to six year old. Saturdays; January 19 and 26.

The Family Institute

Host a workshop at your school or organization. Contact us today.



## Create a Better Plan to Eating Right!

All parents want the best for their children. Helping them to learn good habits from the start is much easier than breaking bad habits developed over years from unhealthy choices. Get ideas about making a plan, tip sheets, eating on a budget, seasonal meals and what the Choose My Plate offers. Information for parents also includes activities for your children to learn good food habits for a lifetime of wellness. Visit the "Nation's go-to" source for nutrition advice. <https://www.choosemyplate.gov/>

Research shows just how important the beginning years are for a child's brain development. The **Brain Wonders** video from *Zero to Three* explains why parents are a critical part in helping with their child's development.

Howard County supports parents' understanding of how they can help their child's early learning in the first five years through the ReadyRosie and ReadyBaby videos. The video library is like the Pinterest of parenting. Make one of your new year's resolutions to take advantage of this free program NOW and help your child start off strong. Visit [www.howardcountymd.gov/readyrosie](http://www.howardcountymd.gov/readyrosie) to learn more and to register!



## Technology Limits

Concerned about the amount of screen time

your children are using or the information they access online? Did your child get new technology over the holiday and you realize you need to know more about setting limits and what is out there for them to access? **Common Sense Media** offers independent, age-based reviews, ratings and recommendations to help families find the movies, TV shows, games, and more that are right for their needs. [Click](#) to sign up for their newsletter.



## Five Ways to Make Youtube Safer for Kids

**Howard County's 2019  
Children on Board**  
CHILD CARE & PRESCHOOL INFORMATION FAIR

**Sunday, January 27  
1:00 to 4:00 PM**

**FREE ADMISSION!**  
We ask that you bring a non-perishable food item(s) or an unopened donation of diapers for the Howard County Food Bank

**Ten Oaks Ballroom**  
5000 Signal Bell Lane, Clarksville, MD 21029

**BACK BY POPULAR DEMAND!**  
Each hour, Parents as Teachers will present a brief, informational session on *How to Choose an Early Childhood Program*

Get the latest information on

- Family Child Care
- Preschools
- Summer Camps
- School-Age Programs
- Child Care Centers
- Infant Programs
- Play Groups
- Co-op Nursery Schools and much more!

 **Howard County Office of  
Children and Families**  
Department of Community Resources and Services  
[www.howardcountymd.gov/children](http://www.howardcountymd.gov/children)  
If you need accommodations to participate, contact the office no later than January 18. If you need this information in an alternate format, call 410-313-1943.



410-313-1940 (VOICE/RELAY) • [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

## Choosing an Early Childhood Program

Hourly information sessions to learn what to look for in a quality child care program will be available at the **Children on Board** child care and preschool information fair.

### Additional information:

**Selecting a Child Care Program** from Childcare Aware

**Five Elements of a Good Preschool** article and video from the Hechinger Report

**LOCATE Child Care** A service to help find a licensed child care or preschool in Maryland.

## Road to Kindergarten

Do you have a child who will be 5 years old by September 1, 2019? Join the Howard County Public School System for an **information session about kindergarten**. At this workshop you will learn:

- Expectations for school readiness (and receive a Ready for Kindergarten toolkit).
- Details about the kindergarten program.
- Information about HCPSS kindergarten registration.
- Ways that families and children can be supported during the transition to kindergarten.

Sessions are designed for adults only. Child care is available for children ages two and older. Doors open at 6 p.m. to allow time for parking, child care drop off and check-in. Sessions begin promptly at 6:30. We anticipate large crowds so allow yourself ample time. Choose a session that is convenient for you. No registration required.

All sessions will be held from 6:30-7:30 p.m. If Howard County public schools are closed for inclement weather, that day's session is canceled.

**Wednesday, January 23:** Oakland Mills High School, 9410 Kilimanjaro Rd., Columbia

**Thursday, January 24:** Centennial High School, 4300 Centennial Ln., Ellicott City

**Wednesday, January 30:** Hammond High School, 8800 Guilford Rd., Columbia



RSVP for  
a  
Reminder

### ADHD and Homework - Webinar by Understood

Homework time can be stressful for kids and their families. Kids with ADHD can have even more challenges with homework. Mark Griffin, Ph.D., will be answering your questions and sharing strategies and tools that can help with planning, organizing, getting started, and sticking with it. Go to [live.understood.org](http://live.understood.org) at Thursday, **January 10 at 12:00 p.m.**

## The Suicide Conversation

*Did you know that asking about suicidal thoughts or feelings won't push someone into doing something self-destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal thoughts.*



Before starting a conversation with someone you are concerned about, be sure to have suicide crisis resources on hand. The Suicide Prevention Lifeline and Grassroots Crisis Intervention Center are a few great resources available to share. Find a private place to talk where there won't be any distractions. Set aside plenty of time to have a conversation and find a comfortable place to sit.

Read more from the **Howard County Health Department** on things you can do to maximize the opportunity to help and make the conversation less awkward. [Click](#)

## Adolescent Substance Use, Addiction and Treatment

In a new **Think, Act, Grow (TAG) Talk** video from the **Office of Adolescent Health**, Sarah Bagley, MD, discusses adolescent substance use, addiction and treatment. Bagley explores why adolescents and young adults use substances; what risks they face from doing so; and how early intervention can help prevent the short- and long-term risks of substance use. [Watch now](#)

Register

### Peer Relationships and Substance Abuse

Learn about relationships that your children are having with peers and the various types of substance abuse affecting them.

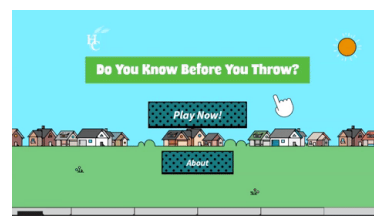
**January 26, 2019 | 9:00 - 11:15 a.m.**

This Community Academy event is sponsored by The Council of Elders

## Recycling for the New Year

**11% of the things** Howard County residents think are recyclable and put in their blue bin doesn't belong and ends up as trash.

Help teach your children about proper recycling! Play the new game to practice **"KNOW" Before You Throw** by dragging and dropping items to the correct place. (Hint: ARL stands for [Alpha Ridge](#)



Landfill, which has lots of options for proper disposal.)

For more information: [HowardCountyRecycles.org](http://HowardCountyRecycles.org)

## Howard County Recycle Game



### Youth Shark Tank Grant

The Department of Community Resources and Services, through Howard County Voices for Change program is excited to announce the first annual Youth Shark Tank Grant Opportunity. The goal is to distribute funds to student-led organizations seeking to better their community, whether it be through volunteering, activism or other important efforts. Participants will be competing to receive a monetary grant up to \$500. To learn more, [click](#)



### Create a Survival Flash Drive

If there were a fire, flood or other disaster that destroyed your home, where would your important documents be (.ie., birth certificate, passport, deed, licenses, permits, etc.)? Protect yourself by scanning all your important documents and storing them on a flash drive. For more information on what to include on the drive and other points of consideration, [click](#)

**Sign Up for  
Parent Pages**

**If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, please click!**

 Howard County Office of  
**Children and Families**  
Department of Community Resources and Services

